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SOME  
OBSERVATIONS

Made upon the

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Ruffia Seed,

SHEWING

Its Admirable Virtues in Curing the  
Rickets in Children.

*Perley*  
Written by a Doctor of Physick in the Coun-  
trety to Esq; Boyle at London, 1674.

L O N D O N,

Printed in the Year 1694.



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Ruffia Seed ;

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Its Admirable Virtues in Curing the  
Rickets in Children.

In a LETTER, &c.

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SIR,  
**Y**OU may remember that when I was  
last at *London*, we had a close Dis-  
course concerning that deplorable Distemper  
called *The Rickets*, which Cripples so many  
poor Children, and you told me of a Doctor

of Physick, and one of the Famouſeſt in *Europe*, had not been able to Cure it in ſeveral of his own Children; indeed it may be called a new Diſeaſe, for it's wonderfully encreaſed amongſt us of late, as we find by the Bills of Mortality. I am very much of your Mind, that the Knowledge of Phyſicians would be much encreaſed, and their Succeſs would be much greater, were they more Curious in making Experiments and Obſervations of the Succeſs of ſimple Medicines, for they cannot ſo eaſily do it upon Compoſitions. I'll now tell you what great Cures I have done in my Countrey Practice, amongſt Children who have been over-grown with the Rickets: The Specifick that I make uſe of, is a ſmall white Seed that comes from *Ruſſia*, by ſome called *Seed Manna*, I draw a Tincture, a Spirit and an Extract out of it, and give twenty Drops at a time in all the Childrens Meat and Drink, they take it with Pleaſure, becauſe it's not ungrateful to the Pallat; Morning, Noon and Night, is often enough.

It opens Obſtructions of the Liver and  
Spleen,

Spleen, strengthens the Brain and Spinal Marrow, and causeth a free Distribution of the Nourishments into all the Nervous Parts of the Body, whereby Nature becomes strong and vigorous, and the Spirits chearful and lively.

You are pleased to tell the World, in your Excellent Discourse of the use of simple Medicines, that you hope to enlarge the Minds of Physitians, and invite them to make use of several Remedies which they never thought on, or against which they were prejudiced. You also tell us, that Specificks, where they may be had, are wont to be free from any immoderate manifest Quality, and for the most part work more benignly as well as more effectually than other Medicines; and therefore you endeavour to bring them into Request, that so thereby Cures may be performed more speedily, safely and pleasantly.

Your Tenderneſs and Caution is highly to be commended, in desiring your Reader not to be too credulous, or rely too much upon any Medicines that you commend, until they have

have been frequently tried upon Persons of different Sexes, Complexions and Ages.

I am sure that this Seed, and other Specificks which I have written on, have been tried sufficiently, in a multitude of Examples, and with great Success, which gives great Encouragement to depend upon it in difficult Cases, with God Almighty's Blessing.

I am much of your Mind, that one Reason why so many Distempers prove incurable, is, because Physicians do all they can to discourage the use of Specifick Medicines; so that if they do not always work Wonders, they presently tell People that they do nothing at all.

In Compliance with your Request, I have found out a Specifick Remedy in almost every Distemper, which in time may prove as efficacious as the *Cortex* in an Ague, for ought I know.

I must say, if at any time I have found Specifick Remedies prove ineffectual, it was when they

they were compounded with some insignificant Remedies, or given too late, or administred in too small a Dose, or left off too soon.

This small Seed may be given boiled in all the Childrens Broth or Spoon-meat, or in a Liquid Form, as the other Specificks use to be.

I have cured several Children in one Gentlemans Family, after gentle Evacuations, when the Ribbs have been knotted, the Head very large, the Leggs crooked, the Joynts much extended, only with this Remedy.

This Distemper hath spoiled as many Children as ever *Herod* did, its high time if we would prevent the destruction of our Innocents, to find out some more effectual Remedies. The Method that *Dr. Glisson* and *&c.* found out, was very good, but this simple Specifick added to it may make it more effectual.

You are pleased in your Discourse of specificck Medicines, to mention the Prickly *Indian Pear* that I told you of, that communicates its  
Tincture

Tincture so speedily to the Bladder, that it makes the Eaters think they piss Blood, which gives a clear Example of the Penetrating Qualities of some simple Specificks, which have no sensible Operation by Vomiting, Purging or Sweating.

One of our Judges in his Reports, tells us of a Learned Doctor who travelled a hundred Miles, to learn a Specifick of an old Woman to Cure an Ague. I am sure I have travelled many thousand Miles to learn all these Remedies, and my design is Publick Good: For although I am particularly known to you, I desire to be known to the World by no other Name, but

*MEDICUS INDICUS.*

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*FINIS.*



